

An Active Hobby

Objective: To describe a hobby, and to identify its benefits to an active life style.

Grade Level: K-4

Subject(s): Science

Prep Time: < 10 minutes

Duration: One class period

Materials Category: Classroom

National Education Standards	
Science	4c
Mathematics	
Technology (ISTE)	
Technology (ITEA)	
Geography	

Materials:

- Unlined paper
- Color pencils, crayons, or markers

Related Links:

None

Supporting NASAexplores Article(s):

Use It Or Lose It!

http://www.nasaexplores.com/lessons/02-004/k-4_article.html



An Active Hobby

Teacher Sheets

Background

Exercise is important in our daily lives to promote better health. It is the number one health maintaining activity done in space. The body quickly begins to atrophy if astronauts do not exercise. Our society is becoming a sedentary society. We need to promote physical activity to have a healthy body and mind.

In this lesson students will make a drawing of the hobbies they do that involve physical activity.

Guidelines

1. Read orally with the class the K-4 NASAexplores article, "Use It Or Lose It!"
2. Discuss the importance of exercise.
3. Ask the class to think of all the hobbies they do that require physical activity. Remind the students that a hobby is something you like to do for pleasure in your spare time. These can include participating in sport, playing outside, attending dance classes, etc.
4. Have the class draw, color, and label all the active hobbies they do on the unlined paper or on the Student Sheet. (Note: The older students should list the different body systems that are affected by the activity; e.g., circulatory system, muscular system. Or, have them list the different organs that would be affected by the activity; e.g. heart, lungs, muscles, etc.)
5. Students should describe the hobby under each drawing.

Discussion / Wrap-up

- Have students share drawings with the class.
- Display the student drawings in the classroom

Extensions

- None



An Active Hobby

Student Sheet(s)



National Aeronautics and
Space Administration

Student Sheet(s)
Page 1 of 1

